

CIMS Cancer Care

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ÚkkþhkeEz Lkk hkæok røþuòýku

ÚkkþhkeEz yaf {kæe yfík: †kø fhíke (Endocrine) økúke Au slúku ykfkfkh Ákítrokþk sðku Au yLku økæklk ykøkæLk ¼ækøkt í kmlkæeLke çkllkuçkksw ykøe-e Au íkúkt fkuæEz {xeheþ÷ yLku ÚkkþhkeEzLk fvkku nkþ Au íkuÚkkEhkeEz nkúçkuk Lku yfík: †kø fhu Au (T3 & T4) slúkuflxkæ TSh Úke Úkkþ Au

ÚkkEhkeEz {kt øký «fkhLk {íþíðuhkø nkþ Au

- nkþÁkkúkkþkzeÍ { (Hypothyroidism)
- sifkt Úkkþkz ykAtrfk { fhuAu
- nkþÁkhÚkkþkzeÍ { (Hyperthyroidism)
- sifkt ÚkkþkzLk yfík: †kø ðÄðúke ðAtrfk { fhuAu
- ÚkkþhkeEzLke økkð (Nodule)
 - yaf fhíkt ð½trøktðkunkúðe (Multinodular)
 - yaf økkð- slúku Cyst fnðkþ yúðk Solid økkð
 - (Adenoma or Cancer)
 - Hot Nodule

Úkkþkz -NODULE

Thyroid Nodule ÚðkLk «{ký ykþhu h0 Úke 76% nkþ Au 90% feykuslke øfh 70 Úke ðÁkhu yLku 60% Ákúkkuslke øfh 80 Úke ð½khu nkþ íkúLku Thyroid Nodule ÚðkLke þfþíkk nkþ Au ykþkzeLk WýÁk, çkæÁký {kt þf ÷e½k nkþ fu fvkçk {kt fkeLku nkþ íkku Thyroid Nodule ÚðkLke þfþíkk ð½trnkþ Au

Úkkþkz Nodule fðe hefkuòye þfkþ ?

- økkð sðtrøktæklk ðá [lkk ¼ækøkt ÷køku
- økæLke MkkúkkækiVe fhðúke fuçkeð fkhýkMkh CT Scan fu PET CT Scan fhkøþ nkþ íkku ¾çkh Ákú

yðk Thyroid Nodule Úke ø¼hkððkLke sYh Lúke fkhý fu 10 % to 15% suflMkh Lkknkþ Au

14 ðkúke Lke [uyLku 70 ðkøWÁkhLk EÉeçkúke yk Nodule flMkh nkðkLke þfþíkk ðÁtrnkþ Au yk Nodule {kt flMkh Au fuLkne íku MkkúkkækiVe yúðk Mkkþúke ÷eÁe fvkukkk yçþkMkúke ¾çkh Ákze þfuAu (FNAC)

Eðúke yðk Solid Nodule {xðkLke þfþíkk nkúke Lúke. ¾çk LkLk yLku flMkh Lk nkþ íkðk Nodule Lku Observe fhe þfkþ Au yLku íkúke Surgery íkku s sYhe Au ðu íku s0Ee ðÁtrnkþ, E¼køku Úkkþ, yúðk MkkúkkækiVe {kt VtrVkh E¼kþ íkku yðk EÉeLku Nodule ðkæe yz½e økúke fkeze Lk¾ðkúke {xe ðþ Au yk ykæhþLkLku Hemi thyroidectomy fnðkþ Au ðu yðku Nodule FNAC {kt flMkhLku sýkþ íkku Hemi yúðk Total Thyroidectomy fhðkLke nkþ Au ðu½ýk çkÁk Nodule ÚkkþhkeEz {kt nkþ (Multi Module Goiter)

yLku íkúke MkeÍ {kæe nkþ fu «þhLk ÷úýku sýkþ yúðk fkm {kæef fkhýkMkh Total Thyroidectomy fhðk {kt yðuAu yk¾e Úkkþkz fkeze Lkíþk Ákæ Replacement íkhefuÚkkþhkeEz nkúçkuk Lke økkæyku ykÁðk {kt yðuAu

ÚkkþhkeEz flMkh Lke [u {sçkLk «fkhLk nkþ Au

- Papillary Cancer- Mkhk «fkhLk {xe þfu íkð flMkh
- Follicular Cancer- Ák0 % Úke 99 % Lku {xe þfu
- Medullary Cancer- 70% Úke 80% {xe þfu
- Metastatic Cancer- çknkLk çkesk yðððkúke ykøe
- Anaplastic Cancer- ¾çk ¾hkçk «fkhLk í zÁkúke ðÁtrnkþ yLku Vte-kítr flMkh.
- Papillary yLku follicular «fkhLk flMkh {kt ykæhþLk Ákæ þf fu fe {kúknkæLke sYh hnúke Lúke.

Hypothyroidism : sifkt ÚkkþhkeEz nkúçkuk T3 & T4 ykAk nkþ yLku TSH ðÁtrnkþ Au

r [Lnku : [kze Mkef Ákzøe, Xze ðÁtr ÷køðe, {ku WÁkh Mkkú ykððk, ðslk ðÁðtr yðks Átrnkúðku Úkkf ÷køðku fçkSPkík Úðku {krMkf yrLkþr {ík Úðtr nEPLk Áçkfkfh Áxðk yLku Cholesterol ðÁðtr

Treatment : Thyroid Hormone Lke økkæyku TSH Lk «{ký ykÁðk {kt yðuAu su {kækk ¼ækøku Life Time ÷ðkLke nkþ Au

Hyperthyroidism : sifkt T3 & T4 nkúçkuk ðÁtrnkþ Au yk TSH ¾çk ykAtrnkþ Au

r [Lnku ¾çk ÁkhMkøku Úðku økh {e ðÁtr ÷køðe, íkzk Úðk, nEPLk ½çkfkfh ðÁe sðk, ðslk ykAtrnkþ ¼ð¼ ðÁtr ÷køðe, {krMkf ykAtrnkþ ykððtrøktú {kæe Úðe, yk¾Lk zkuçk çknk ykððk, nkúçk {kt Áðhe ykððe (Change of Handwriting)

Treatment : Oral Tablet, Mk {þçkæÄ ÷ðe Ákz yúðk Radio Active I-131 Úke Thyroid økúkelku çkæe Lk¾ðk {kt yðu yúðk Operation fhe Thyroid økúkelke MkeÍ LkLke fhe Eðk {kt yðu (Sub Total Thyroidectomy) xlf {kt Thyroid økúkelku ÷kíkk hkæ {xe þfu íkú nkþ Au Áký íkúke þkøþ Mkhðkh Medical Observation Úke fhðe sYhe Au

MkkisLP

zkr sþð ðe. Ákxte-

MS

flMkh Mksðelk rLkúýkík

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What happens when you stop tobacco?

QUIT TOBACCO FOR LIFE

Statutory Warning: Cigarette smoking is injurious to health!

We probably read or listen to this almost every day, be it movies, advertisements, radio, newspaper or the box of cigar itself! And we cringe at the thought of the same old ugly tumor videos before movies, when all we want to do is enjoy a romantic night out with our partner, even though it is "jan hit mein jaari"

So, this is one more attempt at hammering the same sane advice and to encourage those who are still procrastinating quitting tobacco!

If you want to know, how your next 20 years will unfold, once you quit tobacco, read on!

TIMELINE:

AFTER 1 HOUR

In as little as 20 minutes after the last tobacco consumption, the heart rate drops and returns to normal. Blood pressure begins to drop, and circulation may start to improve.

AFTER 12 HOURS

The body cleanses itself of the excess carbon monoxide & level returns to normal, increasing the body's oxygen levels.

AFTER 1 DAY

The risk of heart attack begins to decrease.

AFTER 2 DAYS

A person may notice improved sense of smell.

AFTER 1 MONTH

A person's lung function begins to improve.

AFTER 1-3 MONTHS

For the next several months after quitting, circulation continues to improve.

AFTER 1 YEAR

The risk of heart disease will decrease by half.

AFTER 5 YEARS

Lowering the risk of stroke (bleeding in brain).

The risk of stroke will continue to reduce over the next 10 years as the body heals more and more.

AFTER 10 YEARS

A person's chances of developing cancer and dying from it are roughly reduced to half compared to someone who continues to use tobacco.

After 15 Years

The chances of heart attack is same as healthy person.

AFTER 20 YEARS

A risk of cancer is same as a non-smoker and person can enjoy the healthy life of that of someone who has never smoked.

Hence, the sooner the better. Quit tobacco now!

For more information, feel free to contact us.

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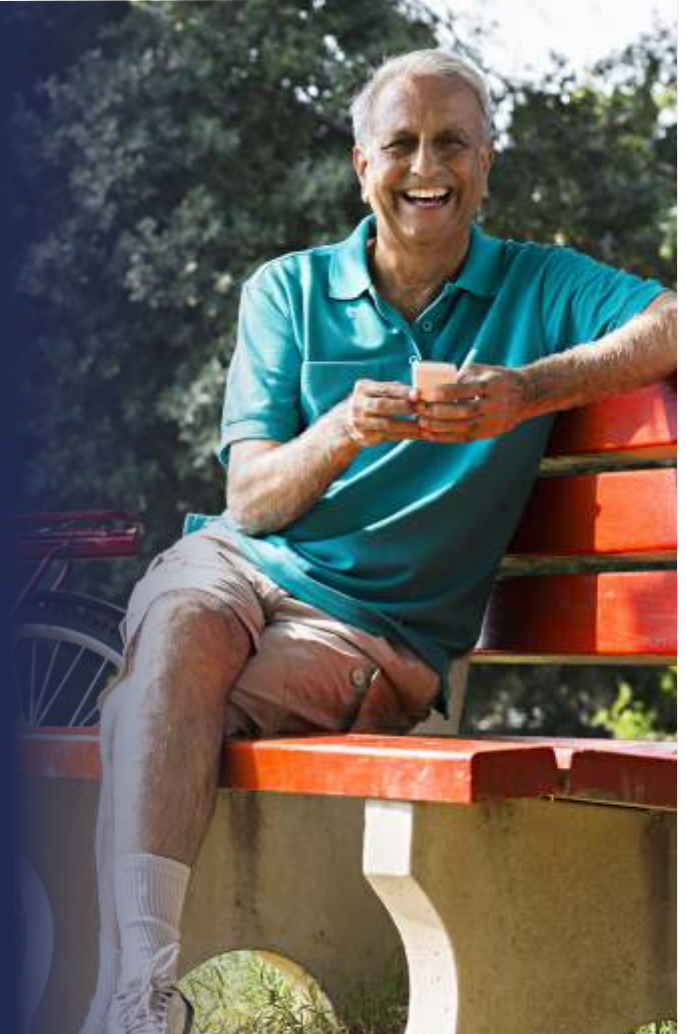


- Passed MBBS in 1994 from Pramukh Swami Medical College, Karamsad
- Completed MS in general surgery in 1998 from NHL medical college, Ahmedabad, First in University
- Passed MCh Onco surgery from Gujarat Cancer and Research Institute, Ahmedabad in 2001 with Gold Medal
- Felicitated by chief minister Sri Narendra Modi in 2011 for academic excellence in Oncosurgery
- Special area of expertise : All Head and Neck Cancers with Special interest in Thyroid Cancers, infratemporal fossa surgery and salivary gland cancers, Breast Cancer and Oncoplasty

મકેબમક ફિલમકહ મકલ્ખ

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yíPkÄmLkf MknöÄkykuÚke MkbS
ફિલમકહ મક {u ÷ zÖk

- Mkshe
- rf {kútknkÄke
- hñzPpLk ÚtknkÄke
- ÇkkkLko {tnkuxöLMkÄ ÷ kLx
- EBPkkútknkÄke
- nkuÇkúLk ÚtknkÄke
- zèk ÚtknkÄke



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Cancer & Nutrition



We all know what is a healthy balanced diet (At least we think we do). Most nutrition guidelines recommend lots of green leafy vegetables, fruits and whole grains along with limiting the intake of processed foods, sugar, alcohol, tobacco salt and maintaining an age- height appropriate weight.

But when you are suffering from cancer, these guidelines can be difficult to follow as you need to fight the disease itself as well as the Stress of treatment.

Nutrition is one of the most important aspect of cancer treatment, because healthy body tolerates the treatment better and recovers fast!! Isn't it logical?

Almost always, a change in diet is essential to help build up the strength and withstand the effects of cancer and its treatment. Now, who likes a sudden major change in their lifestyle? This is the reason why majority of cancer patients find it difficult to follow the "cancer nutrition guidelines".

When you are diagnosed with cancer, your oncologist will talk about the treatment plan. which may include surgery, radiation therapy, chemotherapy, hormonal therapy or combination of treatments. All these treatments, essentially target the cancer cells, but our healthy cells bear the brunt as well. This damage to the normal cells, is what causes side effects.

Approach to nutrition differs in cancer patients, as compared to general population. For instance, cancer patients need high fat, high calorie food to maintain their weight because Basal Metabolic Rate (BMR) increases significantly in all cancer patients along with increase in requirements of calorie, fat & protein by 1.5 to 2 times as compared to that of a healthy individual. Some patients need soft and cold foods like ice-cream or milk shakes as they are unable to eat solids due to oral ulcers.

Some common side effects that can affect nutrition are:

- Loss of appetite
- Oral ulcers
- Dry mouth
- Change in taste or smell
- Nausea
- Vomiting
- Loose stool
- Constipation
- Fatigue (Feeling tired all the time)

Not all patients suffer from these side effects. These are dependent on multiple factors like the type of cancer, stage of cancer, part of body affected, general health of patient and type, dose & length of treatment. Most side effects can be managed by medicines, lifestyle change and positive attitude. They even reduce over time once the treatment is completed. Discussions with your oncologist or cancer team will make it easy to deal with it.

For more information feel free to contact us.

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Þínkyktlfku: kIS (¼køk-2)

«kmlxax fílmkh yx÷u þú?

Ákwn>klkk «sLklkíkPk{kt ÁkþkçkLkk {køkçkt ykðe-e øktíÚk Au íku {þkþþLke Lke [Lkk ¼køkçkt nklþ Au ykþhu 80 xfk ðeþo íkuçkúke Lkefðu Au

«kmlxax ðÄðkúke fkhýku fþk Au?

- MkkÉe økkð, çkelkkRLk yll÷knsç(Lx yktv/ «kmlxax (BEP)
- fílmkhLke økkð (Ca Prostate)
- «kmlxax ðÄðkúke (BEP or CA Prostate) þú íkf÷eV Úkkþ?
- Ákþkçkçkt ðln fhðv Ákzu
- ÁkþkçkLke Ákh Lkçkæe Úkkþ
- ÁkþkçkLke Ákh yxfe yxfelku ykðu
- Ákþkçk fþko ÁkAe {þkþþ{kt Ákþkçk hne økþku nklþ íkðv ÷køku
- hkøku Ákþkçk fhðk sðv Ákzu
- fíx÷kf ÉÉeçkt Ákþkçk Mkkágyo yxfe ðþ íku fíx÷kf ÉÉeçkt ðkhðkh RLVfþlk ÷køku

«kmlxax fílmkhLkk ÷ükýku þú nklþ Au?

þYykíkLkk íkçk÷kçkt MkkÉe økkð sðk s r[öku nklþ Au Bþkhu fílmkh þehçkt V÷kþ íþkhu nkzfkLkku Éw¼kðku (f{hçkt Éw¼kðk), Ákøkçkt Mkkð, ¼q¼ Lk ÷køkðe, ðsLk ½xe ðþ Au ½ye ðkh þYykíkLkk íkçk÷kçkt ÉÉeçku fíRÁký ÷ükýkunúkk Lkúke. {køk YrxLk [f-yákçkt Áke.ymlk.yuLke íkÁkkMkçkúke s fílmkh nkðkLke þfk sýkþ Au

PSA þú Au?

- PSA «kmlxax MÄkMkeVef ylxesLk, su «kmlxaxLkk fíkkkúçkúke ÷kneçkt ðþ Au
- ÷kneLke íkÁkkMk í khk Úkíku MkkçkLþ xmlx Au
- ðu ÷kçklnæhe íkÁkkMkçkt ðÁkhu sýkþ íku ylp íkÁkkMk (yú.ykh.ykE. «kmlxax, çkþkÁkMke) syhe çkLku Au

þú nkþk PSA fílmkhLkk fkhýku s ðÁu?

- Lkk, íku «kmlxaxLkk fíRÁký hkøk síç fu RLVfþlk yúkðk çke.E.Áke.çkt Áký ðÁe þfu Au

fílmkhLkv [ku÷Mk rLkÉkLk FR hefku Úkkþ Au?

- «kmlxaxLke çkþkÁkMke í khk

«kmlxax fílmkh fþk íkçk÷kçkt Au íku fíç ðýe þfkþ?

íkkk {kxu yf{ykhýkE «kmlxax yTMu çkklk Mfílk (nkzfkLke íkÁkkMk) fhðkçkt ykðu Au Áke.ymlk.yú.Ákx Mfílk í khk Áký fílmkh þehçkt «Mkh÷v Au fu Lkn^a íku ðýe þfkþ Au

«kmlxax fílmkhLkk Mxís fþk Au?

- «Úkç yTMu çkeð íkçk÷kçkt fílmkh «kmlxaxLke yÉh s nklþ Au
- økeð íkçk÷kçkt «kmlxaxLke çknkh íkúkk çkkslkk yðþðku Mkeçelk÷ ðMkef÷çkt V÷kþ Au
- [kúkk íkçk÷kçkt fílmkh nkzfk íkúkk ÉþLkk yþkku (÷eðh, Vv/Mkk)çkt V÷kþ Au

Mkkhðkh

«Úkç yTMu çkeðu íkçk÷k

- ykÁkhþLk í khk fílmkhLkku Mkkágyo rLkfk÷ (Radical Prostatectomy) yúkðk ðu ykÁkhþLk {kxu ÉÉeçke ÁkrhÁMÚkrík Þkøþ Lk sýkþ íkku huzþþLk (þf) ÚklnkÁke økeðu íkçk÷k

- ykÁmlkf Mkkhðkhçkt yk Mxísçkt Áký ykÁkhþLk fhðkçkt ykðu Au íku ÁkAe syh Ákzu íku þf yúkðk nkçkúkk RLSfþlk yÁkkþ Au (Multimodal Therapy). ykÁkhþLk rðLk þf ÚklnkÁke yLku nkçkúkk RLSfþlk Áký ykÁke þfkþ Au

[kúkk íkçk÷k

- çkLku þkçkz fíZðkLkv ykÁkhþLk (B/L orchidectomy)
- ðunkzfkçkt øký Úke ykAe sþkyu nklþ yTMu ÉÉeç Mksf÷e Vex nklþ íkku Multimodal Therapy ykÁke þfkþ Au

«kmlxax fílmkh ykÁkhþLk (huzf÷ «kmlxaxðxkuçe) ÁkAe ÁkþkçkLkku Mkkágyo fíçk÷e síkku hnþ

- Lkk, ykÁkhþLk ÁkAe ÉÉeçkt ykþf fíçk÷e ðþ Au su 4-6 {rnLkçkt ÁkAkku ykðe þfu Au

þú íkçk÷kçkt ðÚPk ðakh B/L orchidectomy fhðkþ?

- Lkk, íkkk í khk ÓÉþ hkøkúke {þþw ÚkðkLke MkkáðkLk Áký ðÁu Au ðu yf Úke øký íkçk÷kçkt s íkçkY fílmkh ykðu íkku B/L orchidectomy Lke syh Lkúke.

«kmlxax fílmkh

60 ðshkk yáðíðþweð, «kmlxax fílmkhLkk rLkÉkLk çkÉ çkeð yr¼kþ {kxu ykðPk. íkuLke íkÁkkMk fþko çkÉ fílmkh Lk nkðkLke þfk øR. íkuLke çkþkÁkMke çkesu Xfkyú íkÁkkMk fhðíkk íkuLke «kmlxaxLke MkkÉe økkð nkðkLkv sýkðw yTMu íknyku¼þíðk çkLþk. økkÁelkøkth, {Lku ÁkþkçkLke íkf÷eV {kxu Élnçelkúke «kmlxaxLkv ykÁkhþLk fhðkçkt ykðv níkv íkkke çkþkÁkMkeçkt fílmkh ykðíkk ntv øk¼hkE økþku níkv {Lkusýkððkçkt ykðv fu {khk çkLku þkçkz fíZðk Ákzpu ðu «kmlxaxLkv ykÁkhþLk fhðeþ íkku yk¼e sÉøke ÁkþkçkLkku fíçk÷e síkkuhnþu íþkh çkÉ {Uzku YÁkþ þknLke M÷kn ÷eÁe. íkuýu {khk fílmkhLkv Mxís Lk÷e fhe «kmlxax (huzf÷ «kmlxaxðxkuçe)Lkk ykÁkhþLk {kxu sýkðw su ÷øk¼øk yksúke yZe ðsko Ákr÷k fhðv níkv yksu {khu fílmkhLkku hkøk Áký {xe økþku yTMu ÁkþkçkLkku fíçk÷e Áký Au

MkkISLP

zlp YÁkþ þkn

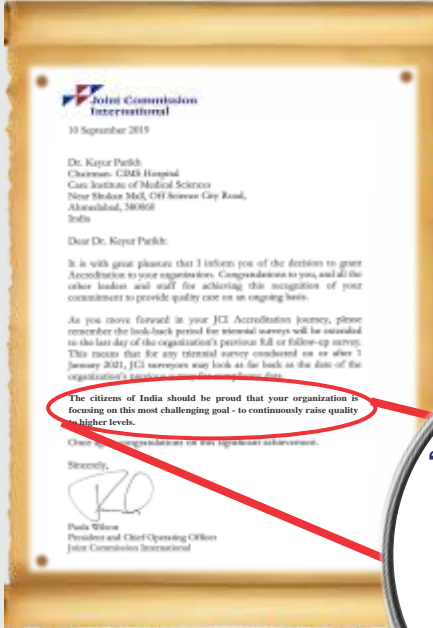
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સીમ્સ હોસ્પિટલ



2ND TIME

૧૪ઠ્ઠીકે ૨૬ ઓક્ટોબર ૨૦૧૯ ના રોજ સુવર્ણ મેડલ ઓફ એક્સલેન્સ યુએસ જીસી (USA)*
એકઠ્ઠી મેડલ ઓફ એક્સલેન્સ ઓફ ઓપરેટિંગ પ્રોગ્રામ નામના રીતે

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